

Charity Number **1173268**

**ART & SOUL**  
**FINANCIAL STATEMENTS**  
**31 MARCH 2019**

# ART & SOUL

## FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2019

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**ART & SOUL**

**TRUSTEES AND PROFESSIONAL ADVISERS**

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<b>Registered charity name</b>	Art & Soul
<b>Charity number:</b>	1173268
<b>Principal office</b>	11 Bassett Gardens Isleworth TW7 4QZ
<b>Trustees:</b>	Liz Sokoski (Co Chair) Rachel Tranter-Needham (Co Chair) Betsy Lewis-Holmes George Boxley
<b>Independent examiner</b>	Bradbury Stell Unit 2 Beverley Court 26 Elmtree Road Teddington Middlesex TW11 8ST

## **ART & SOUL**

TRUSTEES ANNUAL REPORT (continued) YEAR ENDED 31

MARCH 2019

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2019.

### **REFERENCE AND ADMINISTRATIVE DETAILS**

Reference and administrative details are shown in the schedule of trustees and professional advisers on page 1 of the financial statements.

### **THE TRUSTEES**

The trustees who served the company during the period was as follows:

Liz Sokoski (Co Chair)  
Rachel Tranter-Needham (Co Chair)  
Betsy Lewis-Holmes  
George Boxley

Patron: Sir Vince Cable MP  
Staff: Julia Ruppert, Helen Rennie, Sharon Powell

All major decisions are taken collectively by the trustees.

The trustees are unpaid and details of any related party transactions are disclosed as applicable in the notes to the accounts.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

After a long-standing partnership with Orleans House Gallery, we became a charity on 5<sup>th</sup> June 2017.

Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation.

### **RISK REVIEW**

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and are satisfied that systems are in place to manage our exposure to the major risks.

### **Objectives and activities**

The Board of Trustees work together to ensure the following objectives are fulfilled:

- enhancing wellbeing for West and South-West London based adults through structured creative activities run by an HCP registered art therapist.
- reducing mental health stigma and support community wellbeing through creative events and workshops.-creating a supportive and safe environment for those experiencing mental health challenges.-empowering members to connect with others, develop skills, reduce stress and to positively re-engage with the community.

**ART & SOUL**TRUSTEES ANNUAL REPORT *(continued)* YEAR ENDED 31

MARCH 2019

**A REVIEW OF OUR ACHIEVEMENTS AND PERFORMANCES**

The charity received £27,135 through grants and art sales. The net surplus for the year was £6,287.

**Plans for the future**

Art & Soul intends to carry on creating activity to enhance the emotional and mental health of people living in South West London.

Rachel Tranter-Needham  
Trustee (Co Chair)

30 November 2019

## **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

### **YEAR ENDED 31 MARCH 2019**

The charity's trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**ART & SOUL  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2019**

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I report on the accounts of the charity for the year ended 31 MARCH 2019 set out on pages 7 to 10.

**RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND INDEPENDENT EXAMINER**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

**BASIS OF INDEPENDENT EXAMINER'S STATEMENT**

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**INDEPENDENT EXAMINER'S STATEMENT**

In connection with my examination, no matter has come to my attention:

- a) which gives me reasonable cause to believe that, in any material respect, the requirements:
- to keep accounting records in accordance with Section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bradbury Stell  
Chartered Certified Accountants  
Unit 2 Beverley Court, 26 ELmtree Road,  
Teddington,  
TW11 8ST

30 November 2019

**ART & SOUL**  
**STATEMENT OF FINANCIAL ACTIVITIES for the year**  
**ending 31 March 2019**

	£	£
	Restricted funds	Unrestricted funds
<b>INCOMING RESOURCES</b>		
Incoming resources from generated funds		
Grants	26,436.00	
Art sales	649.00	
Inconvenience payment		50.00
<b>Total Incoming resources</b>	<b>27,085.00</b>	<b>50.00</b>
<b>RESOURCES EXPENDED</b>		
Total expenses	20,848.00	
<b>Total resources expended</b>	<b>20,848.00</b>	-
<b>NET INCOMING</b>	6,237.00	50.00
Total funds brought forward	4,638.00	
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>10,875.00</b>	<b>50.00</b>

**The Notes form part of the financial statements**



**ART & SOUL  
BALANCE SHEET  
31-Mar-19**

**2019**

**£**

**CURRENT ASSETS**

Cash at bank and in hand 11,225  
11,225

**Creditors: amounts falling due  
within one year** (300)

**Net current assets** 10,925

**Total assets less current liabilities** 10,925

**NET ASSETS** 10,925

**FUNDS**

Restricted fund 6,237  
Unrestricted fund 50  
Total funds brought forward 4,638

**TOTAL FUNDS** 10,925

Approved by the board of trustees on: 30/11/2019  
And signed on their behalf by:



.....  
Trustee

**The notes on pages 8 form part of these financial statements.**

**NOTES TO THE FINANCIAL STATEMENTS for the year  
ending 31 March 2019**

**1 ACCOUNTING POLICIES**

**Accounting convention**

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

**Incoming resources**

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

**2 TRUSTEES REMUNERATION AND BENEFITS**

There were some payments totalled to £1,287 paid to Betsy Lewis Holmes for specialist services to Art & Soul including fundraising and evaluation for the year ended 31 March 2019.

**Trustees Expenses**

There were few small payments to Liz Sokoski and Rachel Tranter Needham for small reimbursements for charity expenses paid by trustees. This amount totalled to under £50 for the year ended 31 March 2019.

**3 OTHER GRANTS AND DONATIONS**

We would like to express appreciation for their generous grant of £26,436 to our charity to:

AFC Community Learning

Hampton Fuel for 2018 project

Richmond Health

RPLC for 2018 project

RPLC for 2019 project

**ART & SOUL**  
**Detailed statement of financial activities**  
**31-Mar-19**

	£	£
	Restricted funds	Unrestricted funds
<b>INCOMING RESOURCES</b>		
Incoming resources from generated funds		
<b>Grants</b>		
AFC Community Learning	911.00	
Hampton Fuel for 2018 project	8000.00	
Richmond Health	525.00	
RPLC for 2018 project	8000.00	
RPLC for 2019 project	9000.00	
	649.00	
Art sale		
Inconvenience payment		50.00
<b>Total Incoming resources</b>	<b>27,085.00</b>	<b>50.00</b>
<b>RESOURCES EXPENDED</b>		
Workshops, Kaleidoscope exhibition & coordination	19,261.00	
Specialist services	1,287.00	
Accountancy fees	300.00	
<b>Total resources expended</b>	<b>20,848.00</b>	<b>-</b>
<b>NET INCOMING</b>	<b>6,237.00</b>	<b>50.00</b>
Total funds brought forward	4,638.00	
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>10,875.00</b>	<b>50.00</b>



## **Art & Soul Annual Report**

**April 2018 – March 2019**

Art & Soul continued to offer a diverse and vibrant arts and wellbeing programme this year, our first year as a charity operating independently from Orleans House Gallery. The year we celebrated Art & Soul's achievements in a large project called *Kaleidoscope: 20 years of Art & Soul*, which consisted of an exhibition and accompanying workshop programme. We continued to support our beneficiaries in South-West London with a workshop programme facilitated by trained art therapists and an outreach programme, which enabled us to reach new participants and develop the Art & Soul community. This year, we are pleased to have welcomed two new trustees to the board, as well as established ourselves at a new venue: The Exchange Arts Centre in Twickenham.

The Board of Trustees work together to ensure the following objectives are fulfilled:

- enhancing wellbeing for West and South-West London based adults through structured creative activities run by an HCP registered art therapist.
- reducing mental health stigma and support community wellbeing through creative events and workshops.
- creating a supportive and safe environment for those experiencing mental health challenges.
- empowering members to connect with others, develop skills, reduce stress and to positively re-engage with the community.

### **Management and membership**

Following a recruitment drive and interview process, the board were happy to officially welcome two new trustees; Karen Ang and Emma Hetherington at our January 2019 meeting. Emma has significant experience in communications, having worked for Diabetes UK for a number of years, and Karen has worked for

NICE and has experience of the arts-in-health sector. Our membership base continues to develop and through *Kaleidoscope* we attracted over 100 new members to our organisation through publicity.

### **Workshop programme**

Art & Soul continue to support wellbeing and mental health resilience for all members of the community in South-West London. This year we held a large family event, two workshops for children and young people and an outreach programme, as well as our regular workshops at the Exchange run by art therapists. In September 2018, UCL Wellbeing Measures were again used for feedback, showing a 34.56% increase in wellbeing as a result of participating in the workshops.

### **Exhibitions**

Our large exhibition *Kaleidoscope: 20 years of Art & Soul* showcased over 100 artists work in a range of media, drawn from our membership base and affiliated organisations that support mental health in South-West London. Held at the Stables Gallery, Orleans House, the exhibition attracted new members to the organisation. The exhibition had a total of 3,421 visitors, and it was widely used by the gallery's own education department. The exhibition was formally opened by Sir Vince Cable, Patron for Art & Soul.

### **Planning**

Fundraising for our next project, *Outward Bound*, began in January 2019, which pilots a new studio programme and further progression opportunities for our members, alongside the regular workshop programme and exhibiting opportunities.

We are grateful to our funders, Richmond Parish Lands Charity, the Hampton Fund, Civic Pride, Richmond Health Watch and Community Learning for supporting these activities.

### Art & Soul

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Website: [www.artandsoul.org.uk](http://www.artandsoul.org.uk)

Registered Charity no. 1173268

Co-chairs: Liz Sokoski and Rachel Tranter

Patron: Sir Vince Cable MP

Trustees: Karen Ang, Emma Hetherington and Betsy Lewis-Holmes

Practitioner Team: Lisa Snook, Helen Rennie, Sharon Powell